

### **ABSTRACT OF THE DISCLOSURE**

The invention relates to a sock, especially for use during sports activities. Said sock comprises cushions in the treading area (1). The cushions (2, 3, 4) are provided in the area of the outer and inner ball, in the heel area, and in the area of the outer instep. Intermediate spaces (6) are embodied between the cushions (2, 3, 4).